

THE NETWORK: TOWARDS UNITY  
FOR HEALTH & FACULTAD DE MEDICINA,  
UNAM, PRESENT



THE NETWORK  
TOWARDS UNITY FOR HEALTH



TUFH2020  
MEXICO

VIRTUAL CONFERENCE

"PRIMARY HEALTH CARE: A PATH  
TOWARDS SOCIAL JUSTICE"

SYSTEMS AND COMMUNITY BASED  
RESPONSES TO COVID-19

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## TUFH 2020 Abstracts

<b>Title</b>	<b>Use of a Community-Based Intervention in Targeting Poor Refugee Physical Health Associated with Post-Resettlement Stressors</b>
<b>Type</b>	Oral Presentation <i>Working with Underserved Populations towards Community Empowerment</i>
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<b>Country</b>	United States
<b>Abstract N°</b>	TUFH61
<b>Content</b>	<p>Refugees experience a higher burden of morbidity and mortality compared to the populations where they are resettled. Analysis of qualitative data from a mixed-method, community-based intervention study involving 290 adult refugees resettled in the United States revealed that refugees associate development of new or worsening physical health problems to multiple stressors, including limited social support and access to resources. By pairing undergraduate student advocates with recently resettled refugees, the University of New Mexico Refugee Well-Being Project aims to address these barriers. Student advocates are first educated on the historical, political, and social factors that shape the refugee experience. Then for six months, the student advocates work to assist their refugee partners in accessing needed resources. Participants also attend weekly two-hour Learning Circles consisting of group discussions aimed at facilitating mutual learning, valuing of refugees' knowledge and experiences, a sense of community, and additional social support as well as familiarizing participants with the nuances of living in the United States. The Refugee Well-Being project therefore serves as a low-cost and effective intervention aimed at ameliorating some of the negative impacts of the world's current refugee crisis by easing the challenges faced by recently resettled refugees.</p>